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| Ingredients for Lentils3 Tbsp Olive oil2 cloves Garlic, minced or pressed1-2 each Onion, finely chopped*½ to 1 lb Slab Bacon, diced 1 inch thick with**1 lb Italian style Sausage or Andouille, cut into 1 inch rounds-* ***Optional***1 tsp Tomato paste3 tbsp Cumin1 lb Lentils, sorted and rinsed1 cup White wine2 cups Water2 each Carrots, small diced1 cup Cherry Tomatoes, halved4 cups Baby Arugula4 oz Fresh goat cheese, crumbled (optional) Salt and pepper, to taste | Equipment* Chef’s knife
* Dutch oven
* Medium bowl

**Directions for Vinaigrette**1. Mix olive oil, red wine vinegar, and Dijon mustard to a small bowl and whisk together.
2. Pour over lentils and toss well.
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| **Ingredients for Vinaigrette**¼ cup Olive oil½ cup Red wine vinegar2 tbsp Dijon mustard  | Equipment* Small bowl
* Whisk
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## Directions for Lentils

1. Heat oil in a Dutch oven on med-high heat. Add onions and garlic and sauté for 5-7 minutes until light golden at edges. ***Add the smoked meat if using.***
2. Add tomato paste and cumin and sauté for an additional 2-3 minutes.
3. Add lentils, wine, and water. Bring to a boil and reduce to a simmer. Cover and cook for 30 minutes.
4. Add carrots and continue cooking for another 15-25 minutes until lentils are tender. Season with salt and pepper.
5. Drain lentils if there is too much liquid and transfer to a bowl with the dressing while lentils are warm.
6. Toss well and add goat cheese and fresh cherry tomatoes. Serve warm or cold on a bed of arugula.